



Beans and Beef Stew (Estofado de Frijoles y Carne)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef for stew, cut into chunks
- ☐ 0.5 cup carrots grated
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound canary beans dry red picked over rinsed
- ☐ 1 cup onion chopped

- ☐ 1 large plantains diced green peeled
- ☐ 0.5 cup bell pepper red
- ☐ 8 servings salt and pepper
- ☐ 1 scallion
- ☐ 4 cups water

Equipment

- ☐ food processor
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Wash the beans and soak overnight in cold water.
- ☐ Drain the beans and dump into slow cooker.
- ☐ Place the onions, garlic, scallion and red bell pepper in the food processor.
- ☐ Add the beef to slow cooker with beans and pour in water.
- ☐ Add the chopped vegetables, grated carrot and ground cumin. Stir well.Cover the pot and cook on high for 5 hours or until the beans are tender.
- ☐ Add the plantain, season with salt and pepper and cook for 30 minutes more.
- ☐ Add chopped cilantro and serve with white rice and hogao.If using a normal pot:Wash the beans and soak overnight in cold water.
- ☐ Drain the beans and place in a large pot and add the water, beef, chopped vegetables, carrots and cumin. Over medium-high heat, bring the beans to a boil, then cover the pot and reduce the heat to medium-low. Allow the beans to cook until almost tender, approximately 2 hours.When the beans are almost tender, add the plantains, salt and pepper. Cover and cook for another hour or until the beans are fully cooked. (
- ☐ Add additional water as necessary).
- ☐ Add chopped cilantro and serve.

Nutrition Facts



 **PROTEIN 24.14%**  **FAT 58.1%**  **CARBS 17.76%**

Properties

Glycemic Index:28.6, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:16.502173993898%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 357.89kcal (17.89%), Fat: 22.91g (35.25%), Saturated Fat: 8.75g (54.67%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 13.57g (4.93%), Sugar: 2.18g (2.42%), Cholesterol: 80.51mg (26.84%), Sodium: 287.2mg (12.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.42g (42.84%), Vitamin B12: 2.43µg (40.45%), Vitamin C: 30.98mg (37.55%), Vitamin A: 1712.51IU (34.25%), Zinc: 5.12mg (34.11%), Vitamin B3: 5.14mg (25.68%), Selenium: 17.21µg (24.58%), Vitamin B6: 0.45mg (22.58%), Phosphorus: 220.9mg (22.09%), Folate: 82.11µg (20.53%), Iron: 3.23mg (17.94%), Potassium: 608.69mg (17.39%), Magnesium: 50.14mg (12.53%), Vitamin B2: 0.21mg (12.46%), Vitamin K: 9.85µg (9.38%), Fiber: 2.19g (8.76%), Copper: 0.17mg (8.63%), Vitamin B5: 0.77mg (7.73%), Vitamin B1: 0.09mg (6.24%), Calcium: 61.53mg (6.15%), Manganese: 0.1mg (5.05%), Vitamin E: 0.71mg (4.71%)